



# Fostering Safer Communities

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she/her/they/them

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OVERVIEW OF  
UCI CARE

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POWER-BASED  
PERSONAL  
VIOLENCE

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BYSTANDER  
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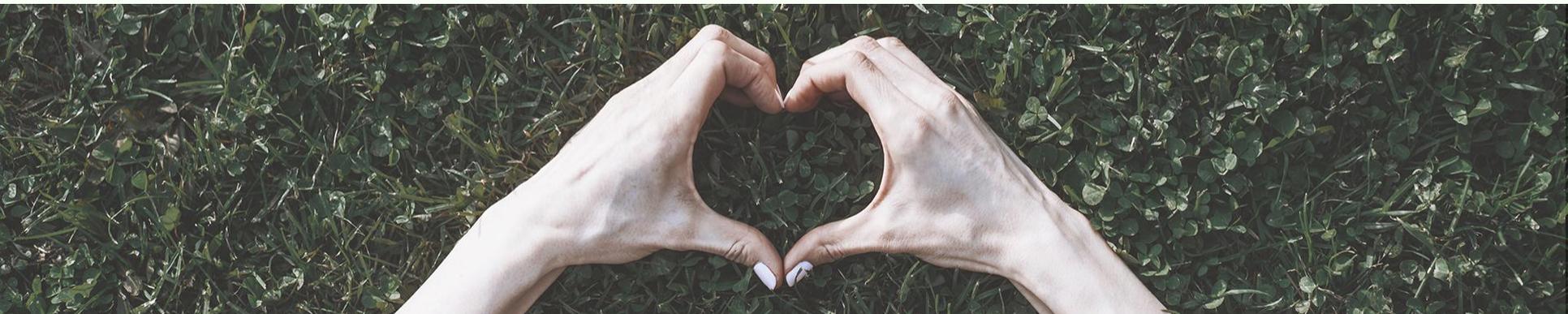
RESOURCES +  
CONCLUSIONS

AGENDA



# DISCLAIMER

Today we will be discussing sensitive issues relating to sexual violence. Please take care of yourself as needed. If you need to take a break, get a drink of water, make a phone call, please do so! We will not associate you with any of the topics being discussed.



# COMMUNITY AGREEMENTS

- Participate!
- Take care of yourself.
- Take space, make space.
- What's said here stays here, what's learned here leaves here.
- Please mute your mic when not speaking to decrease ambient noise.



01



## OVERVIEW OF UCI CARE

The services and resources we offer to the UCI community.

UCI CARE provides free and confidential support services to members of the UCI community who have been impacted by sexual assault, relationship abuse, family violence and/or stalking. Programs and services are available to people of all identities and regardless of status.

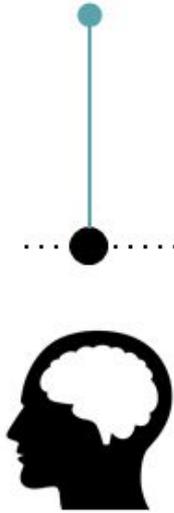
UCI CARE aims to end these forms of power-based personal violence by engaging the campus community in education, programming, and transformative action.

# UCI CARE

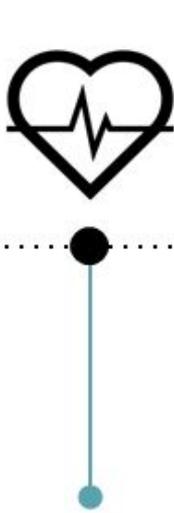
## Mission Statement

# WHAT A CARE ADVOCATE CAN DO FOR YOU

Emotional

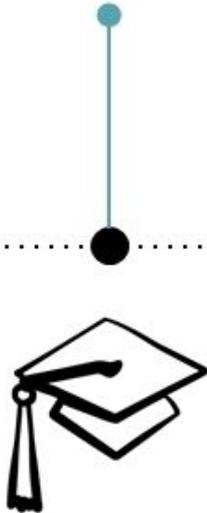


Academic



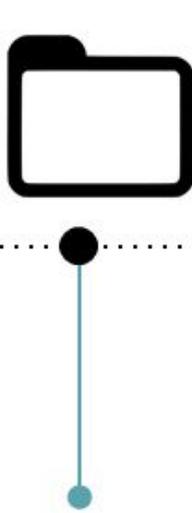
Medical

Academic

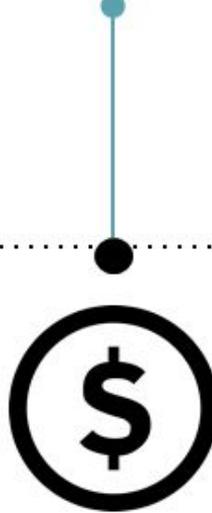


Reporting

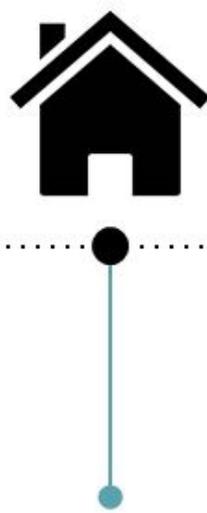
Financial



Financial

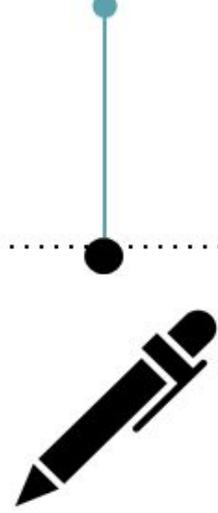


Referrals



Housing

Referrals



# HOLISTIC HEALING

**re:Connect**  
*Yoga as  
Healing*



**re:Group**  
*Support  
Group*

**re:Create**  
*Art as  
Healing*



**re:Mix**  
*Music as  
Healing*



**re:Assert**  
*Personal  
Safety*



**re:Source**  
*Downloadable  
Resources*



**re:Engage**  
*Animals as  
Healing*



**re:Cultivate**  
*Horticulture  
as Healing*



**re:View**  
*Healing  
Library*



# CARE PROGRAMS

## Campus-wide Programming



- Green Dot
- Denim Day
- Clothesline Project
- Take Back the Night
- Stalking Awareness Campaign

## Workshops and Training



- Q'nnect
- Right to Know
- International Dots
- Challenging All Men to Prevent Sexism
- Greek Violence Intervention and Prevention

## Peer Programs



# 02



## **POWER-BASED PERSONAL VIOLENCE**

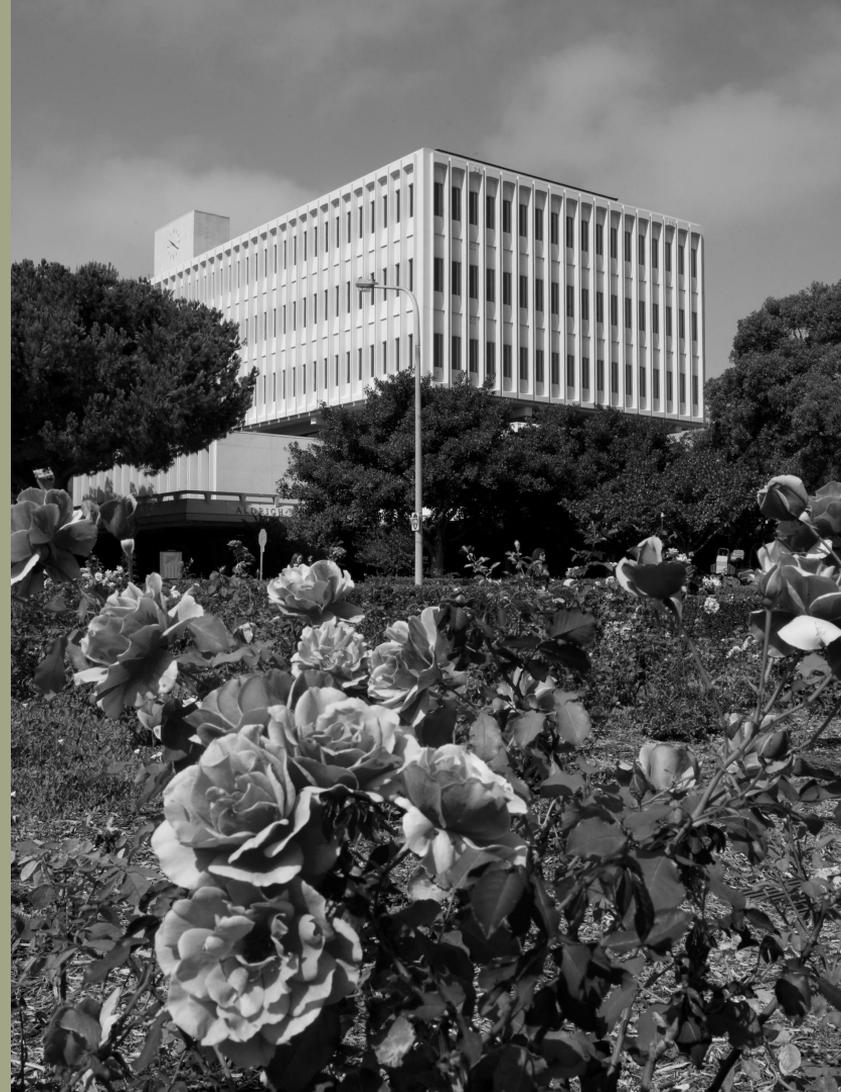
What is power-based personal violence? Why does it matter?

# WHAT IS POWER-BASED PERSONAL VIOLENCE?

A form of violence where the primary motivator is assertion of power and/or control in order to harm another individual.

This includes:

- Relationship/domestic violence
- Sexual assault
- Stalking
- Other uses of force, threat, or harassment toward an individual



# WHAT IS POWER-BASED PERSONAL VIOLENCE?

Sexual assault:

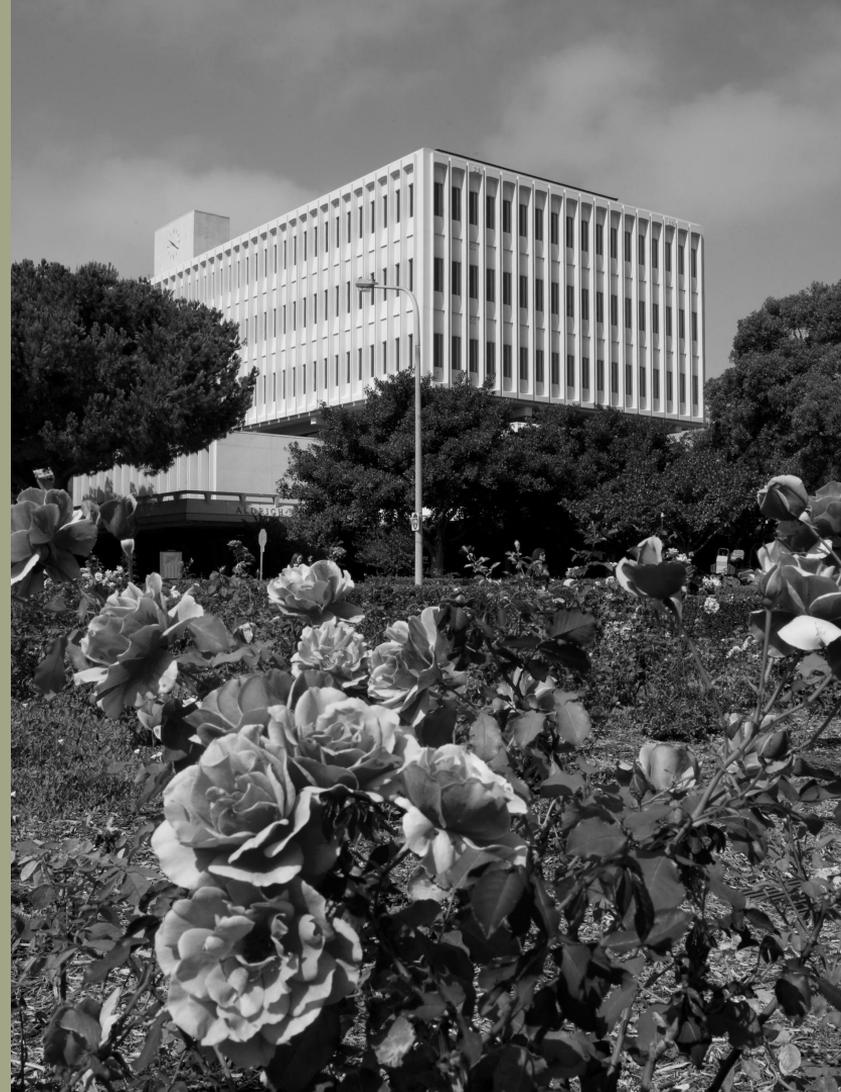
An umbrella term that includes physical acts of a sexual nature that take place without an individual's consent. This can include touching, rape, or penetration by an object.



# WHAT IS POWER-BASED PERSONAL VIOLENCE?

Stalking:

A pattern of behavior targeted at a specific individual that would cause a reasonable person to feel fear. Fear is central to the definition of stalking as it relates to the context of the relationship between the person displaying stalking behaviors and their victim.



# WHAT IS POWER-BASED PERSONAL VIOLENCE?

Relationship/domestic violence:

A pattern of coercive behaviors that one partner uses to maintain power and control over another. This can include physical, emotional, verbal, sexual, or financial abuse and affects the victims' independence, safety, and well-being.



# WHY DOES THIS MATTER?

This type of violence affects our entire community, not just the individuals directly involved in any incident of violence.

Campus communities are unique spaces and the dynamics and prevalence of this type of violence differs from the general population.

(David Cantor, Bonnie Fisher, Susan Chibnall, Reanna Townsend, et. al. Association of American Universities (AAU), Report on the AAU Campus Climate Survey on Sexual Assault and Sexual Misconduct (September 21, 2015))



# WHY DOES THIS MATTER?

Nationally, 11.2% of undergraduate and graduate students experience rape or sexual assault through physical force, violence, or incapacitation.

Only 1 in 6 college-aged female-identified survivors receive assistance from a victim services agency.

(David Cantor, Bonnie Fisher, Susan Chibnall, Reanna Townsend, et. al. Association of American Universities (AAU), Report on the AAU Campus Climate Survey on Sexual Assault and Sexual Misconduct (September 21, 2015))



# WHY DOES THIS MATTER?

Those who hold marginalized identities are statistically more likely to be victims of these forms of violence and face unique barriers to support.

In promoting community well-being, we need to address inequities that prevent individuals from accessing resources and that allow for acts of violence occur.

(David Cantor, Bonnie Fisher, Susan Chibnall, Reanna Townsend, et. al. Association of American Universities (AAU), Report on the AAU Campus Climate Survey on Sexual Assault and Sexual Misconduct (September 21, 2015))



# WHY DOES THIS MATTER?

Female-identifying students with disabilities are almost twice as likely to experience sexual assault by force or incapacitation (32%) than their non-disabled peers (18%).

21% of transgender, genderqueer, and nonconforming students experience sexual assault during college.

(David Cantor, Bonnie Fisher, Susan Chibnall, Reanna Townsend, et. al. Association of American Universities (AAU), Report on the AAU Campus Climate Survey on Sexual Assault and Sexual Misconduct (September 21, 2015))



# 03



## **BYSTANDER INTERVENTION**

What's a Green Dot? How can we create safer communities?

# WHAT'S A GREEN DOT?

Green Dot is a bystander intervention program that focuses on reducing the occurrence of power-based personal violence on our campus.

A Green Dot represents any choice, behavior, or action that promotes safety and communicates intolerance for violence.



# WHAT'S A GREEN DOT?

Proactive Green Dots:

A choice/behavior/action that is made to **change norms.**

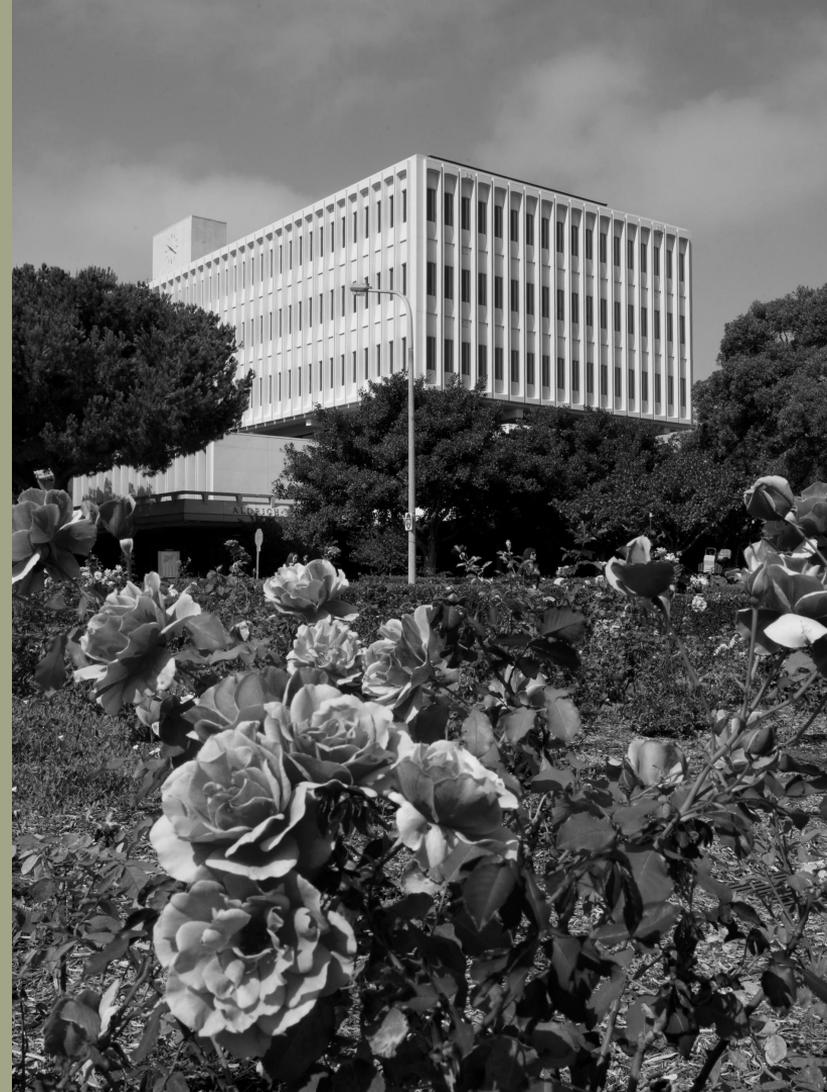
Reactive Green Dots:

A choice/behavior/action made to **reduce harm.**



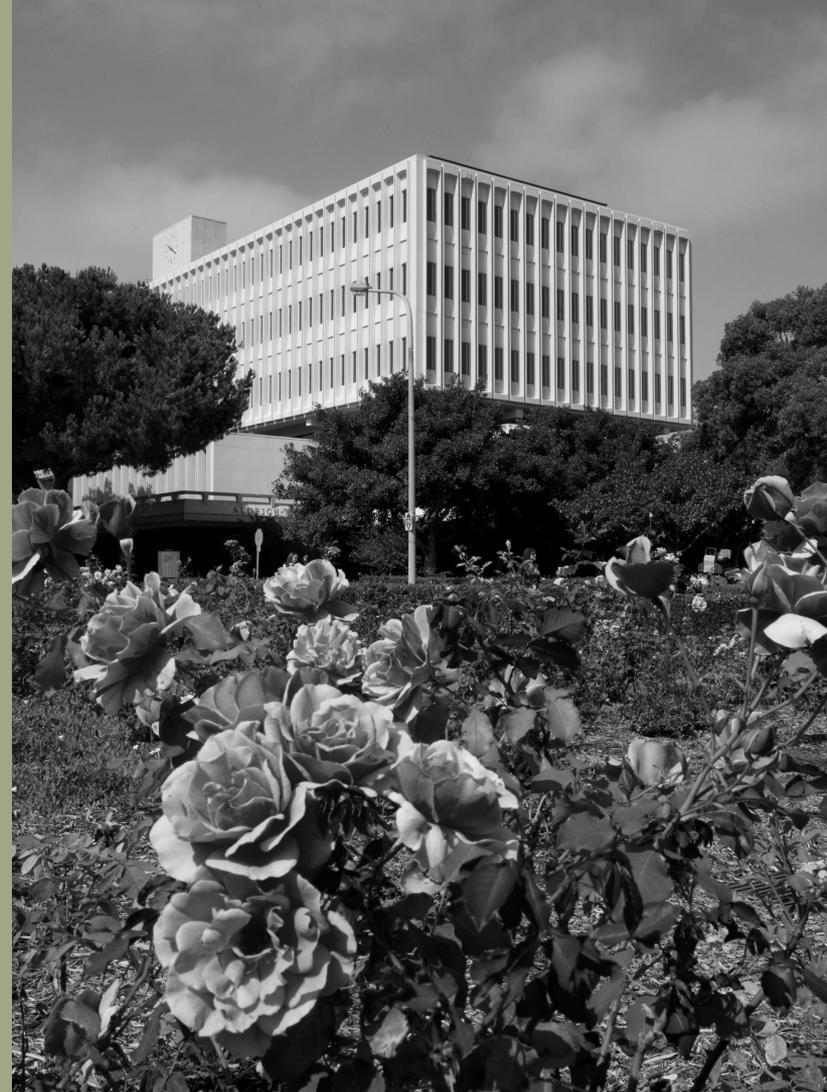
# BARRIERS TO INTERVENTION

Take a moment to think of why a bystander might not intervene in a situation that could result in harm coming to an individual.



# BARRIERS TO INTERVENTION

- Feelings of it “not being their business”
- Fear for own safety
- Fear of retaliation.
- Not having the tools to recognize it as a potentially violent situation



# IDENTIFYING SITUATIONS

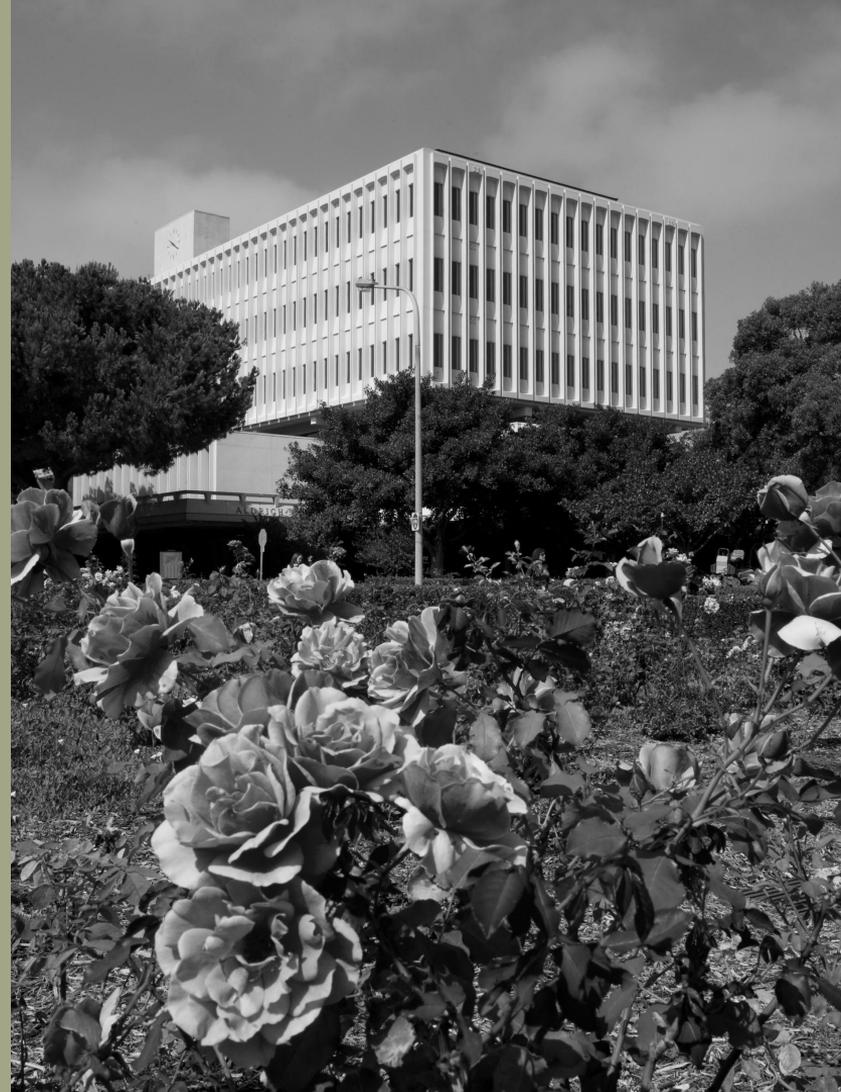
If we want to be an active bystander,  
we need to know what to look for.

What could be some red flags for  
power-based personal violence or other  
types of violence that serve as an  
indicator to intervene?



# IDENTIFYING SITUATIONS

- Language that puts down or stereotypes a marginalized group.
- Disregard for the boundaries of others.
- Exercises of power/control over those being supervised.
- Causing feelings of discomfort in others.



# REACTIVE GREEN DOTS (The 3 D's)



## DIRECT

Confront the situation directly.



## DISTRACT

Create a distraction that interrupts the situation.



## DELEGATE

Involve others and get help.

# REACTIVE DOTS IN ONLINE SETTINGS

Direct:

- Ask the individual to stop. Communicate that the behavior or language is not welcome in this space.
- If you have the ability, remove the individual from the space (e.g. Zoom meeting, Facebook group, etc.)
- Check-in with the individual who was on the receiving end of the behavior.



# REACTIVE DOTS IN ONLINE SETTINGS

Distract:

- Ask someone else in the space an unrelated question.
- Create some sort of distraction (pretending to spill coffee, needing to move into another room, etc.)



# REACTIVE DOTS IN ONLINE SETTINGS

Delegate:

- Block the individual and report them to the platform on which the concerning behavior occurred (Facebook, Instagram, etc.)
- If the individual is another staff or faculty member, contact their supervisor and request that they initiate a conversation about the behavior.



# PROACTIVE ACTIONS

Social norms are set through observation of others, not necessarily through lectures or briefs. There is power in the unexpected messenger.



**POWER-BASED  
PERSONAL  
VIOLENCE WILL  
NOT BE  
TOLERATED**



**EVERYONE IS  
EXPECTED TO  
DO THEIR  
PART**

# PROACTIVE DOTS IN ONLINE SETTINGS

- Set mutually-accepted expectations for your meetings, classes, and other group spaces that ensure the safety and comfort of everyone.
- Share resources and handouts about bystander intervention and supporting survivors of violence with students and colleagues.
- Talk to others about why bystander intervention online is important.



# PROACTIVE DOTS IN ONLINE SETTINGS

- Share UCI CARE (and other related organizations) social media posts and stories.
- Have conversations with others about how consent and boundaries might look different given the current climate (e.g. conversations on expectations of others, how our behavior affects others, etc.)
- Attend educational webinars and online programs and encourage others around you to do the same!



# SUPPORTING A SURVIVOR

- Make sure the person is safe.
- Listen, believe, and support.
- Allow for the person to express their feelings in any way (there's no “normal” way to respond).
- Provide resources such as the CARE office, Counseling Center, or 24/7 crisis hotlines.
- Empower the person to make their own decisions.



# 04



## RESOURCES + FINAL THOUGHTS

Places to go for support and takeaways.

# STAFF + FACULTY RESOURCES



## Staff + Faculty Mental Health Care

Negar Shekarabi Psy.D.  
(Coordinator)

[nshekara@uci.edu](mailto:nshekara@uci.edu)

(949) 824-5208

[www.whcs.uci.edu/faculty\\_staffmh](http://www.whcs.uci.edu/faculty_staffmh)



## Employee Assistance Program (EAP)

Available 24/7

(844) 824-3272

[www.guidanceresources.com](http://www.guidanceresources.com)



## UCI CARE (STUDENTS/STAFF/FACULTY)

G320 Student Center

[care@uci.edu](mailto:care@uci.edu)

(949) 824-7273

[www.care.uci.edu](http://www.care.uci.edu)

**(these are all free and confidential!)**

# ADDITIONAL RESOURCES



## **UCI Counseling Center (STUDENTS)**

(949) 824-6457  
(24/7 Support over phone)

203 Student Services I

8:00AM-5:00PM  
Monday-Friday

(confidential)



## **OEOD/Title IX (STUDENTS/STAFF/FACULTY)**

(949) 824-5594

[oeod@uci.edu](mailto:oeod@uci.edu)

Submit a report:  
[oeod.uci.edu](http://oeod.uci.edu)



## **Office of the Ombuds (STUDENTS/STAFF/FACULTY)**

(949) 824-7256

205 MSTB

8:00AM - 5:00PM  
Monday-Friday

(confidential)

# MAJOR TAKEAWAYS

- Power-based personal violence affects our whole community.
- We each have a responsibility to make choices that prevent violence and support survivors of violence in our community.
- There are a multitude of ways to be an active bystander and foster safer online and in-person communities for everyone.



# THANK YOU!

## What questions can I answer for you?

Please fill out the evaluation by following the link, these allow us to continually improve our programs/workshops and best serve our community.

**Title:** Fostering Safer Communities

**Presenter:** Kaeleigh Hayakawa, Violence Prevention Coordinator (hayakawk@uci.edu)



[bit.ly/CAREeval](https://bit.ly/CAREeval)

  @ucicare

